

Caswell Senior Center

The mission of the Caswell Senior Center is to enrich the lives of Caswell senior adults by responding to their diverse needs and interests.

Gadabout News



We know everyone is excited to hear about our upcoming trips. We invite you to attend one of our February meetings to learn all the details! You can choose to come on February 21, 22, 23, or 25. Time is 1:00 pm in the dining room. Seating is limited to 30 people per day. Please call Cindy at 336-694-7447 to reserve your day and seat. Masks will be required. Light refreshments will be served. We look forward to seeing everyone and sharing all the latest travel news



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history. Join us on February 24th at 10 AM in the dining room to test your knowledge of Black History.

American Heart Month

February is designated as American Heart Month to advocate cardiovascular health and raise awareness about heart disease. American Heart Month is a wonderful opportunity to focus our attention on ways to promote and maintain heart health. Join us in the dining room on February 22nd at 10 am for a special heart health day.

Notes from Jeannine

We hope everyone has had a great start to the new year! We are staying positive here at the Senior Center and still observing Covid protocols to try and keep everyone healthy.

-Be sure to check out the calendar for our regularly scheduled activities and the opportunity to try something new!

-If you are interested in volunteering, Dana would love to talk with you about delivering Meals on Wheels. Call her at 336-694-7447.

-If you enjoy meeting the public, ask Cindy about opportunities to volunteer in our reception area during the morning hours.

-Our dayroom contains many books and puzzles for your enjoyment. Take them home and just return them when you are finished.

Have a Fabulous February!

Jeannine

Senior Center Happenings

Veterans Service Officer

The Veterans Service Officer, Wanda Jones, will be at the Senior Center to assist you on February 2nd and February 23. Appointments are first come, first serve.



National Wear Red Day

The first Friday in February (February 4) is National Wear Red Day. On this day in February, which is considered American Heart Month, everyone across the country dons the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation. So put on your reddest red — whether it be a lipstick, a pair of pants, or your favorite hat — and paint the city red.



Help with ordering free at-home COVID-19 tests



The website to order at-home testing kits -- at no cost -- is now live and accepting orders. The website address is covidtests.gov. People who do not have Internet access or who need additional assistance with ordering can call 1-800-232-0233 (TTY 1-888-720-7489) to place their orders.

The [Eldercare Locator](#) and the [Disability Information and Assistance Line \(DIAL\)](#) also can assist older adults and people with disabilities with placing orders if they need additional help, connect people to accessible instructions, and help with administering the tests. Both phone lines are staffed Monday-Friday from 9 a.m. to 8 p.m. (Eastern). Call 800-677-1116 or visit eldercare.acl.gov to chat live or browse resources.

People with disabilities can contact DIAL by calling 888-677-1199 or by emailing DIAL@usaginganddisability.org. The DIAL information specialists are trained to work with people of various communications abilities, including spending as much time as needed to understand callers. Deaf and hard-of-hearing people can reach DIAL using the 711/Video Relay Service (VRS). To use this free service, simply dial 711 to be connected via text with a communications assistant. (For people who do not communicate through speech, sign language or VRS, email is the best option to communicate with DIAL.)

Two important notes:

- There are enough kits to fill orders for every residential address in the country.
- Orders will begin shipping at the end of January, for both people who placed their orders via the online form in the days when only the online form was available and those who began ordering when the phone lines became available.

The Senior Center is still following limited Covid protocol. We ask that you give others ample space, use hand sanitizer and continue to wash your hands after using the restroom. And please stay home if you do not feel well.

Congregate activities start at 10am Monday thru Friday. If you are signed up for lunch you are required to call in for lunch and transportation the day before by noon. Not calling by this time could result in no transportation or lunch. Please call Rita for additional information.

Veterans Service Officer will be here on February 2nd and 23rd from 11am to 1pm. First Come First Serve.

Bingo will take place on the February 10th and February 28th from 10am to 11am. First come, First Serve.

Fitness Room is open Monday thru Friday from 8:30am to 4:30pm. There will be a limit of 5 people allowed in the Fitness Room at a time. You may use the fitness room and equipment for 45 minutes. Once your time is up you must exit the fitness room for the next person.

Rook will be open to players Monday - Friday from 9:30am to 2:30pm. First Come, First Serve.

Computer Room is open Monday thru Friday. If you are interested in computer classes contact us at 336-694-7447.

Scrapbooking (\$\$) meets the 4th Wednesday of each month at 10:30. First Come First Serve.

Fit-4-Life (\$\$) classes are offered each Tuesday and Friday at 8:30 am. First Come First Serve

Yoga (\$\$) is offered every Tuesday and Thursday from 1:15 pm to 2:15 . If you attend the class regularly and cannot come, please call to let us know.

Tai Chi (\$\$) is offered every Monday from 10:am to 11:00 am. First Come First Serve.

Pool Table the senior center has a pool table that is open M-F. Bring a couple of friends and enjoy a friendly game of pool.

Veterans Connect meets every 4th Wednesday at 9:00 am. Resumes February 23, 2022.

Senior Services

Information and Referral
Fitness Health Promotion
Senior Games
Transportation Medical/General
Caregiver Classes
Energy Assistance
Medicaid/Medicare Benefits
Job Training Placement, NCBA
Telephone Reassurance
Durable Medical Equipment
Food Distribution
Tax Preparation Counseling
Legal Services
Caregivers Support Program
Congregate/Home Delivered Meals
Insurance Counseling (SHIP)
Veteran Services



Hours of Operation:

Monday - Friday

8:00am-5:00pm

336-694-7447

FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets	2 9:30-2:30 Rook 10:00 Congregate Meets 11-1 Veterans Service Officer	3 9:30 Paint w/ Carol\$\$ 9:30-2:30 Rook 10:00 Congregate Meets	4 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets
	7 9:30-2:30 Rook 10:00 Congregate Meets 10:00 T'ai Chi (in craft room)\$\$	8 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$	9 9:30-2:30 Rook 10:00 Congregate Meets	10 9:30-2:30 Rook 10:00 Congregate Meets—B'day Bingo 1:15 Yoga w/Frank\$\$
14 9:30-2:30 Rook 10:00 Congregate Meets—Valentine's Day Party 10:00 T'ai Chi (in craft room)\$\$	15 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$	16 9:30-2:30 Rook 10:00 Congregate Meets	17 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$	18 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets
21 9:30-2:30 Rook 10:00 Congregate Meets—Devotion w/ Rev. Walker 10:00 T'ai Chi (in craft room)\$\$	22 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets—Heart Health Day 1:15 Yoga w/Frank\$\$	23 9:00 Veteran's Connect Breakfast 9:30-2:30 Rook 10:00 Congregate Meets 10:30 Scrapbooking 11-1 Veterans Service Officer	24 9:30-2:30 Rook 10:00 Congregate Meets—Black History Trivia 1:15 Yoga w/Frank\$\$	25 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets
28 9:30-2:30 Rook 10:00 Congregate Meets—Bingo 10:00 T'ai Chi (in craft room)\$\$				Follow us on Facebook! "Caswell County Senior Center"

Gadabout Overnight Excursions 2022

We are excited to share upcoming trip information with you. Plan to attend one of our February meetings for more in-depth information. Please note that if you chose to purchase travel insurance for any trip—**insurance premiums are non-refundable**—and the Senior Center is not liable for insurance costs. (All travel and activities are contingent upon Covid protocols in place at that particular time.)

Savannah & the Golden Isles *April 19th thru April 22nd (4 Day/3 Night)*

3 Nights Hotel Accommodations / 3 Breakfasts at Hotel / 2 dinners including 1 dinner at The Pirate's House / Guided tour of Historic Savannah / Performance at historic Savannah Theater / Guided tram tour of Jekyll Island / Tour of St. Simons Island / Visit to Famous River Street

\$529.00 per person—Double Occupancy **Insurance \$79.00—Double Occupancy**

Deposit \$75.00 **Final Payment due March 28, 2022**

The Savannah trip is just around the corner so please make your deposit as soon as possible if you are interested in traveling with us.

Lancaster & New York City *September 12th thru September 16th (4 Day/3 Night)*

3 Nights Hotel Accommodations / 3 Breakfasts at Hotel / 1 Amish Style Feast / 1 Dinner at New York City Restaurant / Sight & Sound Theater Production of "David" / Orchestra Seating for Broadway Show / Guided Tour of Lancaster County Amish Farmlands / Guided Touring of New York City / Ferry to Statue of Liberty & Ellis Island / Visit to Statue of Liberty Museum and Immersive Theater / Visit to Kitchen Kettle Village / Shopping in New York City

\$799.00 per person—Double Occupancy **Insurance \$92.00—Double Occupancy**

Deposit \$100.00 **Final Payment due July 29, 2022**

Biltmore Holiday *December 7th thru December 9th (3 Day/2 night)*

2 Night Hotel Accommodations / 2 Breakfasts at Hotel / Blue Ridge Mountain Opry Dinner Show / Guided Tour of Asheville / Holiday Luncheon at the Biltmore Estate / Admission to Biltmore House, Estate Gardens and Grounds-including Antler Village and Biltmore Shops / Wine Tasting at Famous Biltmore Winery

\$499.00 per person—Double Occupancy **Insurance \$51.00—Double Occupancy**

Deposit \$50.00 **Final Payment due October 24, 2022**

Ark Encounter *June 2022* *More Details to Come!*

Spirit of Ireland *October 15th thru October 22nd* *\$2799.00 per person* *Seats still available!*

